

Support & Therapeutic Groups Term Four



SAY YES TO YOU WORKSHOP SERIES

16th November	Session 1 – Creating healthy relationships
23rd November	Session 2 – Identifying your boundaries
30th November	Session 3 – Understanding impacts of DV & trauma
7th December	Session 4 – Self-care for your brain & body

Running on Wednesdays, 9.30-12.30pm

THE SHARK CAGE GROUP

The 7-week program will run on Tuesdays from **25th October to 6th December**, 9.30am-12.30pm.

HEALING-CENTRED PILATES

The 6-week program will run on Fridays from **28th October to 2nd December**, 9.30-10.30am.

SOCIAL GROUP

The 5 week program will run on Fridays from **5th November to 9th December**, 10am-12pm.

THE BLOSSOM GROUP

This one-day workshop will be held on Thursday **3rd November** 9.30-2.30pm.

TREE OF LIFE

Workshop running on Thursday **8th December** 9.30-12.30pm.



**More information
about Groups**